

— LEADERSHIP ACADEMY —

# MARTIAL FLOW

Low-Impact Martial Arts for Adults 40+



**Move better. Feel stronger. Build confidence.**

*Start where you are.*

Balance • Mobility • Flexibility • Practical self-defense awareness

No experience needed. No uniforms. No sparring.



**MONDAYS & WEDNESDAYS**  
**9:00–9:45 AM**

Request your intro lesson

**6-week trial • \$95**



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